



100 Gram Nutrition

PO Box 844 • Harrisburg, NC 28075 • 412-443-6766 • www.donutconnection.com

Description Special Hand Cut Regular Cake Donut

Based on 100 Grams of Bakery Product

Moisture	9.24	g
Ash	2.23	g
Calories		377
Protein	8.65	g
Total Carbohydrate	72.35	g
Total Fiber	2.57	g
Insoluble Fiber	1.27	g
Soluble Fiber	0.86	g
Sugar	22.97	g
Sugar Alcohols	0.00	g
Fat	6.29	g
Saturated Fat	1.24	g
Monounsaturated Fat	1.01	g
Polyunsaturated Fat	2.54	g
Trans Fat	0.06	g
Cholesterol	62.90	mg
Sodium	895.40	mg
Potassium	173.77	mg
Vitamin A	38.68	IU
Vitamin C	0.15	mg
Thiamine	0.47	mg
Riboflavin	0.30	mg
Niacin	3.59	mg
Calcium	38.32	mg
Iron	3.50	mg
Phosphorous	464.65	mg
Folic Acid	97.07	ug
Sulfites	2	ppm

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOY FLOUR, SOYBEAN OIL, EGG YOLK, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), WHEY, SALT, YELLOW CORN FLOUR, WHEAT STARCH, MONO & DIGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES, NONFAT MILK, SOY LECITHIN, SPICE, SODIUM CASEINATE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS, CORN OIL, ALPHA TOCOPHEROLS AS PRESERVATIVE, BETA CAROTENE AS COLOR.

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, SOY, EGGS, MILK)

Note: This nutritional analysis has been generated using ESHA Genesis R&D Nutritional Software. Donut Connection cannot guarantee, nor shall be liable for the accuracy of this data when it is combined with other nutritional data systems, or when this food product contains ingredients other than those added by Donut Connection